



## The Region:

### Montréal Metropolitan Community

#### "Experience Québec's Joie de Vivre!"

Keeping Québec's traditional spirit of "joie de vivre" alive is the celebrated Montréal Metropolitan Community, made up of the city of Montreal and the many charming cities and towns surrounding it. This is a province and city known for its vibrant festivals and abundance of activities including the Carnival de Québec, skiing, snowshoeing, hiking, jet boating, and tapping for maple syrup. French is the language of choice in most towns, but Montréal keeps multilingualism alive.

**Location:** South-west corner of Québec

**Outdoor Sports:** Boating • Cross Country Skiing • Cycling • Fishing • Golfing • Hiking • Horseback Riding • Jet Boating • Rock Climbing • Rollerblading • Skating • Skiing • Snowboarding • Snowmobiling • White Water Rafting

#### Recreation for students:

• Art Galleries • Coffee shops • Festivals • Libraries • Music concerts • Movies • Museums • Parks • Restaurants (formal and fast food) • Ski Resorts (1-2 hours drive) • Shopping malls & centres • Sports • Sugar Bushes • Theatre • Youth recreational centres

#### Why Montreal?

- 2nd largest city in Canada
- English-only schools but bilingual (French/English) population
- Urban amenities + European charm
- Fashion Capital of Canada
- Multi-cultural society

#### COMMUNITIES IN THIS REGION:

- Greater Montréal

[www.tourism-montreal.org](http://www.tourism-montreal.org)

#### Urban Centre

### "A little Europe in Canada"

Montréal, Canada's 2nd largest metropolis and fashion capital is also the second largest French-speaking city in the world after Paris. Although many people believe that it is the provincial capital of Québec, it is not (that honour belongs to Québec City). Montréal, is however, the bilingual (French/English) and cultural centre of North America. Nearly 90% of residents are bilingual, with only certain sections of the city remaining almost completely French or completely English. Alive with culture, fashion and European flair, Montréal is truly one of Canada's most beloved cities

- Located on the St. Lawrence Seaway
- Population: 1,620,700 City of Montréal / 3,635,500 in Greater Montréal Area
- 275 km southwest of Québec City,
- 550 km northeast of Toronto

#### Sister Cities:

Shanghai (China)  
Paris (France)  
Lyon (France)  
Lucknow (India)  
Hiroshima (Japan)  
Manila (Philippines)  
Busan (South Korea)

#### Notable features:

- In 2007, Montréal was ranked as the 10th cleanest city in the world
- French is the language most spoken at home by 70.5% of the population (2006)
- English-Only schools available for international students
- Considered to be the fashion capital of Canada - some of the best & most trendy shopping can be done on Ste. Catherine street
- Well known for its exceptional parks and green spaces
- Professional Sports teams: NHL hockey (Montréal Canadiens), CFL Football (Montréal Alouettes), USL Soccer (Montréal Impact), MLB Baseball (Montréal Expos), ABA Basketball (Montréal Royal), RCSL Rugby (Québec Caribou)

#### Main Attractions:

- Atrium le 1000: [www.le1000.com/en/atrium\\_intro.asp](http://www.le1000.com/en/atrium_intro.asp)
- Montréal Biodôme: [www.biodome.qc.ca](http://www.biodome.qc.ca)
- Mont Royal Park: [www.montreal.com/parks/mtroyal.htm](http://www.montreal.com/parks/mtroyal.htm)
- Notre Dame Basilica: [www.basiliquenddm.org](http://www.basiliquenddm.org)
- Old Montréal & Old Port: [www.vieux.montreal.qc.ca](http://www.vieux.montreal.qc.ca)
- Olympic stadium: [www.rio.gouv.qc.ca](http://www.rio.gouv.qc.ca)
- St. Joseph's Oratory: [www.sainte-joseph.org](http://www.sainte-joseph.org)

**Libraries:** 20+ public library branches

**Shopping Malls:** too many to name!

**Movie Theatres:** 20+ multiplex

**Public Transit:** extensive bus/underground metro system servicing all Montréal

**Transit to school may include:** Public transit / School bus / Walking

#### Average Temperatures: [ ° c ]

Ave	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
High	-6	-4	2	11	19	23	26	25	20	13	5	-2
Low	-15	-13	-7	1	8	13	16	14	9	4	-2	-10